

Helping Our Youth Build Healthy Screen Habits



BOYS & GIRLS CLUBS
OF BROWARD COUNTY

Start with a Conversation.

Let your child know screen limits are not a punishment, but a tool to support sleep, school success, and mental health.

Decide on a Few Clear Boundaries, such as:

- Different limits for school nights and weekends
- No screens during homework
- No social media after a certain time
- Device-free meals and bedtime

Before You Start

(for any device)

Set a parent-only passcode or PIN so settings can't be changed.

Make sure your child has their own account:

- Apple: Child Apple ID (recommended)

iPhone & iPad (iOS): Step-by-Step Using Screen Time

Step 1: Turn on Screen Time

1. Open Settings
2. Tap Screen Time
3. Tap Turn On Screen Time
4. Tap This is My Child's iPhone/iPad

Step 2: Set a Screen Time Passcode (so Settings Can't be Changed)

1. In Settings → Screen Time
2. Tap Use Screen Time Passcode
3. Create a 4-digit passcode
(different from your child's device passcode if possible)

Step 3: Set Downtime (Screen-Free Hours)

Downtime limits most apps during certain hours (like bedtime).

1. Settings → Screen Time → Downtime
2. Toggle Downtime ON
3. Choose Every Day or Customize Days
4. Set a Start and End time
 - Example: 9:00 PM to 7:00 AM
5. Toggle Downtime ON
6. Choose Every Day or Customize Days

Step 4: Set App Limits (Daily Time Limits by Category or App)

1. Settings → Screen Time → App Limits
2. Tap Add Limit
3. Choose categories (Social, Games, Entertainment) or specific apps
4. Tap Next
5. Set a daily time limit (ex: 1 hour/day)
6. Tap Add

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iPhone & iPad (iOS): Step-by-Step Using Screen Time (Continued)

Step 5: Set Communication Limits (Optional but Helpful)

1. Settings → Screen Time → Communication Limits
2. Choose who your child can communicate with:
 - During Screen Time
 - During Downtime

Step 6: Limit Content & Purchases (Block Mature Content and Prevent Surprise Charges)

1. Settings → Screen Time → Content & Privacy Restrictions
2. Tap Use Screen Time Passcode
3. Set:
 - iTunes & App Store Purchases → Don't Allow / Require Password
 - Allowed Apps (toggle off anything you want restricted)
 - Content Restrictions (age-appropriate music, movies, websites)

Step 7: Monitor Screen Time Reports

Downtime limits most apps during certain hours (like bedtime).

1. Settings → Screen Time
2. Review the report:
 - Daily and weekly totals
 - Most-used apps
 - Number of pickups/notifications



Our Screen Time Plan

School Days

Weekends

Homework Time

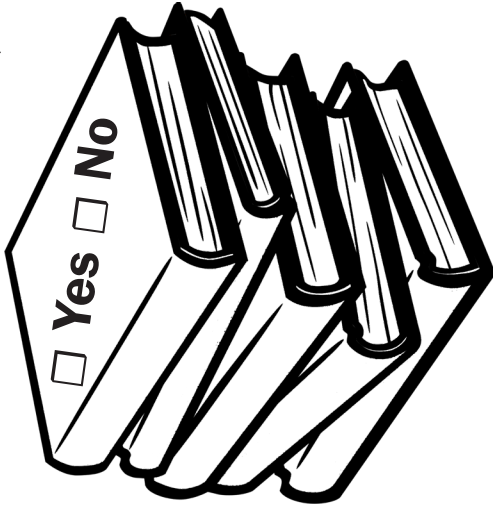
No Screens Limited to _____

Before Bed

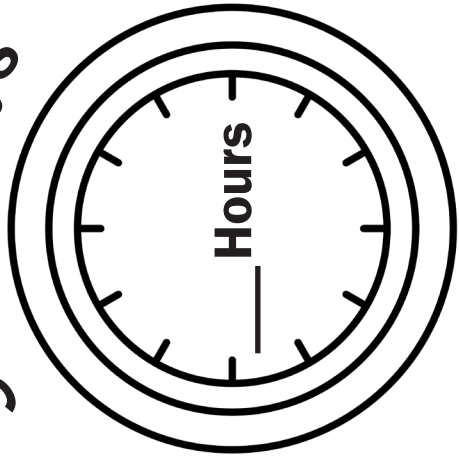
Screens Off At _____

Homework Time
With Screens?

Yes No

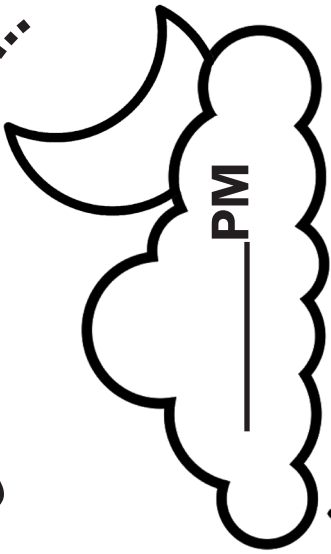


School Days



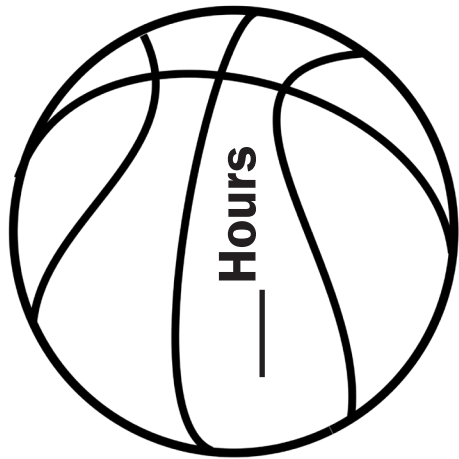
Hours

Screens Off at...

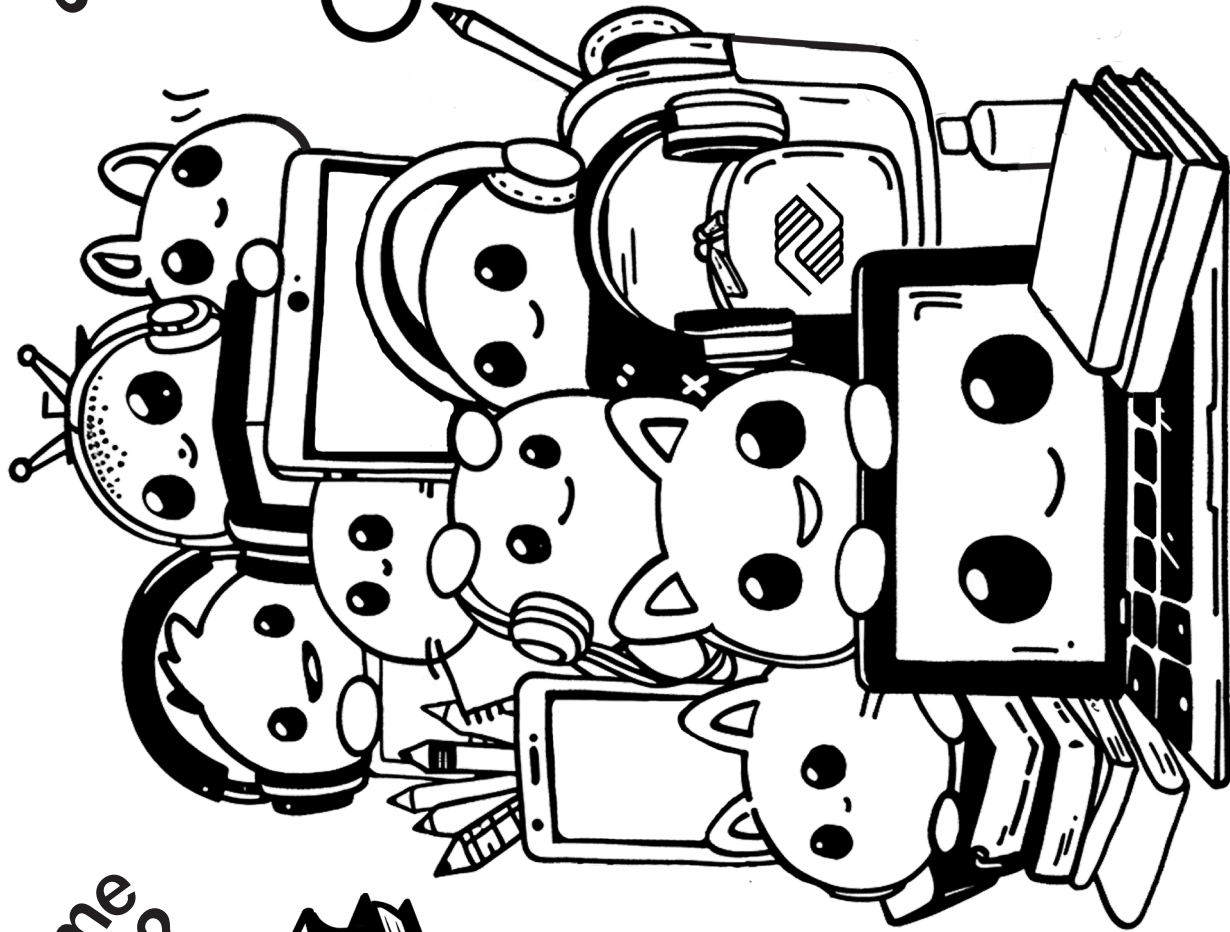


PM

Weekends



Hours



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Phones, tablets, and video games are part of everyday life at school and at home, helping us learn, relax, and stay connected. But when we use screens too much, they can get in the way of sleep, schoolwork, and spending time with others.

That's why screen limits exist — not as a punishment, but as a way to help you feel healthier, stay focused, and keep life balanced.

Below are goals to help you build better screen time habits.

1. One screen habit I want to improve:

2. A time I want to use screens less (bedtime, homework, meals, etc.):

3. Something I want to do instead of screen time: